


May Activities – Emmitsburg Senior Center

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Mondays 8:30-3:30	Tuesdays 8:30-3:30	Wednesdays 8:30-3:30	Thursdays 8:30-3:30	Fridays 8:30-3:30
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.</p> <p>Activities are subject to change.</p>	<p>1 LAW DAY *Advanced Directives Prepared Free by Appointment Only</p> <p>10:00 Strength Training 11:00 Trivia and Games 11:30 *Lunch 12:15 Aging in Place Talk with Commission on Aging</p>	<p>2</p> <p>10:00 Exercise 10:00 Hoop Shoot 11:30 *Lunch Noon Bridge 12:30 Cards and Games 1:00 Pickle Ball</p>	<p>3</p> <p>10:00 Strength Training 10:30 Brain Training 11:30 Lunch 12:30 Cards and Games 12:30 *Craft: Jewelry Making</p>	<p>4</p> <p>8:30 Jigsaw Puzzles 10:00 Exercise 11:30 *Lunch Noon Canasta 1:00 *Tai Chi 1:00 Groceries for Seniors @ FSC</p>
<p>7</p> <p>8:30 Nutrition Minute 10:00 Hoop Shoot 10:00 Exercise 12:30 Leave for bowling at Thunderhead 1:30 Art Class</p>	<p>8</p> <p>8:30 Nutrition Minute 10:00 Strength Training 11:00 Chat with Joy: AERS 11:30 *Lunch 1:00 Trivia and Games</p>	<p>9</p> <p>8:30 Nutrition Minute 10:00 Exercise 10:00 Hoop Shoot 11:30 *Lunch Noon Bridge 12:30 Cards and Games 1:00 Pickle Ball</p>	<p>10</p> <p>8:30 Nutrition Minute 10:00 Strength Training 11:30 *Mother's Day Lunch Reserve by May 2 12:30 Cards and Games</p>	<p>11</p> <p>8:30 Nutrition Minute 8:30 Jigsaw Puzzles 10:00 Exercise 11:30 *Lunch Noon Canasta 1:00 *Tai Chi</p>
<p>14</p> <p>10:00 Hoop Shoot 10:00 Exercise 12:30 Leave for bowling at Thunderhead 1:30 Art Class</p>	<p>15</p> <p>10:00 Strength Training 11:00 Nurse Steve Blood Pressures and Talk 11:30 Lunch 1:00 Trivia and Games</p>	<p>16</p> <p>10:00 Exercise 10:00 Hoop Shoot 11:30 *Lunch Noon Bridge 12:30 Cards and Games 1:00 Pickle Ball</p>	<p>17</p> <p>10:00 Strength Training 11:30 *Lunch 12:30 Cards and Games</p>	<p>18</p> <p>*11:00 All Aboard the Landlocked Cruise</p>  <p>1:00 *Tai Chi</p>
<p>21</p> <p>10:00 Hoop Shoot 10:00 Exercise 12:30 Leave for bowling at Thunderhead 1:30 Art Class</p>	<p>22</p> <p>10:00 Strength Training 11:00 Fred Balus: Mental Health 11:30 *Lunch 1:00 Trivia and Games</p>	<p>23 Center is Closed</p> <p>*Polka Dot Brunch and Book Talk at Urbana</p> <p>reservations due May 16</p>	<p>24</p> <p>10:00 Strength Training 11:30 *Lunch Noon Bridge 12:30 Cards and Games</p>	<p>25</p> <p>8:30 Jigsaw Puzzles 10:00 Exercise 11:30 *Lunch Noon Canasta 1:00 *Tai Chi</p>
<p>28 Center is Closed</p> 	<p>29</p> <p>10:00 Strength Training 11:00 Memory Café 11:30 *Lunch</p>	<p>30</p> <p>10:00 Exercise 11:30 Lunch Noon Bridge 12:30 Cards and Games 1:00 Pickle Ball</p>	<p>31</p> <p>9:30 Strength Training 10:45 Daily Exercise 1:00 Cards & Games 1:30 *Line Dancing</p>	